



Birth Years for 2024-25 Age-Grades

Category	SENIOR		JUNIOR							MINIS				
Version	Contact		Contact							Intro to Contact		Non-Contact		
School Grade	Post Grade School		12+	12	11	10	9	8	7	6	5	4	3	K
Age in 2022	U23+	U20	U19	U18	U17	U16	U15	U14	U13	U12	U11	U10	U9	U6
23	2025													
22	2024													
21	2023													
20	2022	2025												
19	2021	2024	2025											
18	2020	2023	2024	2025										
17	2019	2022	2023	2024	2025									
16	2018	2021	2022	2023	2024	2025								
15	2017	2020	2021	2022	2023	2024	2025							
14	2016	2019	2020	2021	2022	2023	2024	2025						
13	2015	2018	2019	2020	2021	2022	2023	2024	2025					
12	2014	2017	2018	2019	2020	2021	2022	2023	2024	2025				
11	2013	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025			
10	2012	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025		
9	2011	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	
8	2010	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
7	2009	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024
6	2008	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
5	2007	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
4	2006	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021
3	2005	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
2	2004	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
1	2003	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
Birth Year	2002+	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017

The level Age-Grade and Junior Rugby players participate at is based on the calendar year. It can be confusing to figure out the correct Age-Grade as our season is split over two calendar years. It is similar to the school system where they move up a grade in the fall. Below are two formulas to help you calculate the appropriate Age-Grade.

One formula to use is: Anyone who has their Xth birthday in 2025 is considered Under X in our 2025-25 season.

Example: A player who will turn 19 years of age during the 2025 calendar year is a U19 player in the 2024-25 season.

OR: Anyone who is X-1 years old on December 31, 2024 is considered to be Under X for the 2024-25 season.

Example: A player who is 15 years old on December 31, 2024 is considered to be U16 in the 2024-25 season.